



How To SPARKLE Stress Free

DE-STRESS

S – SLEEP WELL

- When your head hits the pillow, it's time to sleep, not think.
- Your bed should NOT be for: watching television, balancing your checkbook, planning the next day, checking your e-mail, or making phone calls.
- When in bed, leisure books are OK, laptops are not.

P – PLAN EVERYDAY

- Create a to-do list every morning.
- This gives you:
 - A roadmap of what you need to do at the beginning of the day
 - A reminder of what still needs to be done throughout the day
 - A place to check off your accomplishments at the end of the day

A – ANTICIPATE LESS

- Recognize the false assumptions you make that lead to anxiety. Will things really turn out to be as bad as you think? Probably not.
- When you look to the future, visualize success rather than failure. After all, you really don't know which it will be. So why not expect the best?

R – RELAX

- Breathe deeply when you feel stressed. Get up and change your environment, if only for a short time – go for a walk!
- Relaxation means taking a break from what you were doing, not just “vegging out.” For instance, watching television isn't always relaxing; it can be dumbing and dulling. Find activities that calm your body and stimulate your mind.

- Create a time for your own kind of meditation. Find a quiet space and a quiet time that's just for you.

K – KEEP ANGER IN CHECK

- Be empathetic and forgiving to others when they make mistakes. Like you, they're trying to do their best.
- Give constructive feedback rather than destructive criticism.
- When someone makes you angry, remember that you have a choice in how you react. Instead of yelling at that bad driver who cut you off, do a running play-by-play on his erratic driving techniques. It's more fun.

L – LAUGH

- Use positive affirmations to keep yourself on track.
- Keep things in perspective.
- Find time to share a joke. Laugh at the curves life throws at you rather than fretting over them.

E – EXERCISE & EAT RIGHT

- Your body needs to be a well-tuned machine to manage all of the stresses that act on it.
- Avoid eating packaged snacks – anything that comes in a wrapper or plastic bag. Try natural fruit instead.
- Add more colored vegetables to your meals.
- Reduce caffeine in your diet. It's a stimulant and can exacerbate physical symptoms of stress that you may already have – choose water instead.
- Avoid the escalator or elevator and take the stairs.